30. (currently amended) A method as claimed in any one of claims 18 to claim 29, wherein step d) of increasing the density of the metal shell comprises the step of cold rolling the metal shell.

31. (currently amended) A method as defined in any one of claims 18 to claim 30, wherein the metal pieces are made of recycled aluminium scraps.

32. (currently amended) A method as defined in any one of claims 18 to claim 31, wherein the smaller particles of step a) are metal chips, a powder of finely dispersed metal particles, agglomerated powders or particles.

Remarks

By the foregoing Amendment, seventeen of the thirty-two claims are amended to conform to United States Patent Office regulation.

Respectfully submitted,

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